



June Wellness Newsletter

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Ongoing Challenges

3 Month Individual Weight Loss/Maintain Challenge.

This challenge started on May 2nd, and will end August 1st. 109 employees decided to take the challenge. Just two more months to go.

Go The Distance Challenge.

This challenge started on May 15th, and will end August 6th. We have 45 teams for a total of 178 participants. Congratulations everybody for challenging yourself to “walking the miles”.

Healthy Recipes Good for a fit ticket validation

Submitted by Katrina Coats-Riggs

Asparagus Guacamole

24 asparagus spears, cleaned, trimmed, and coarsely chopped
1/2 cup of your favorite salsa
4-6 green onions, sliced
1 tbs. fresh cilantro
2 cloves of garlic, peeled
1 tsp. salt
1/4 tsp. pepper

Cook asparagus for five minutes, cool. Drain and rinse in cold water. Place all the ingredients in a food processor and pulse until desired smooth or chunky consistency.



Also by Katrina Coats-Riggs

Mom's Classic Asparagus

1 pound of fresh asparagus, washed, trimmed
16 soda crackers
3 tbs. butter
Salt and pepper to taste

Cook asparagus in boiling water for about 6-8 minutes or until crisp-tender. While asparagus is cooking, crush crackers in plastic bag until crumbs. Melt butter in small dish in microwave. Drain asparagus, arrange on serving plate, sprinkle with crushed cracker crumbs and drizzle with melted butter, salt and pepper to taste. Makes 2-3 servings



I QUIT SUGAR

Six health benefits of quitting sugar

QUITTING SUGAR IS GOOD FOR YOUR HEALTH IN SO MANY WAYS. HERE ARE JUST A FEW OF THEM.

BETTER MOODS

Studies show that a high-sugar diet can lead to crankiness, anxiety and depression, due to rapid rises in adrenaline levels.



CLEARER SKIN

Too much sugar can lead to pimples, wrinkles and conditions like psoriasis.

REDUCED CANCER RISK

Sugar consumption has been linked to many forms of cancers, including breast, ovarian, prostate and lung.



STRONGER IMMUNE SYSTEM

Sugar weakens your immune system against viruses and infectious disease, by inhibiting the fighting strength of white blood cells.

WEIGHT LOSS

Many "low-fat" processed foods contain hidden sugar. When you just eat real foods (even full fat!), you may find you actually lose weight.



MORE ENERGY

Sugar gives you a quick burst of energy, but blood sugar crashes will leave you more exhausted than ever.





Healthy Breakfast in the Fast Lane

Breakfast is the most important meal of the day. Not only does breakfast give you the fuel to break the fast you have undergone during a good night's sleep. Breakfast also helps you concentrate better throughout the day, helps maintain your weight, athletes who ate breakfast performed better in competitions and people who eat breakfast end up getting more important nutrients such as calcium, antioxidants and fiber into their diet by the end of the day. It is wise to choose healthy breakfast items and start your day off right.

It is recommended we get 20-30 grams of fiber in our diet per day. Whole breakfast cereals and grains can help us do this. Choose cereals with at least **3 grams of fiber per serving** and read labels on bread and make sure the first ingredient is whole grain or 100% whole wheat.

To create a quick breakfast, keep a few key ingredients on hand. The best breakfast contains a whole grain/fruit or vegetable-based carbohydrate to provide a quick burst of energy to your body after "fasting" overnight, plus a low-fat protein source to help make you feel full longer. Some carbohydrates, like milk products, do double duty and provide the protein too.

- Whole grain waffle with peanut butter
- Leftover baked potato with low fat cottage cheese or low fat cheddar and salsa
- Apple, slice of cheese and handful of walnuts
- Whole grain English muffin with ricotta cheese, tomatoes, drizzle of olive oil, salt and pepper
- Fruit smoothie with milk, frozen berries and carnation instant breakfast or scoop of protein powder
- Skip the sugary cereal bar and go for an energy bar with 3-5 grams of fiber, 10 grams of protein and less than 200 calories
- Scrambled or sliced boiled eggs in whole wheat tortilla with a slice of cheese and salsa
- Low fat yogurt with dried fruit and whole grain cereal
- Sandwich with lean meat, tomatoes and lettuce or a BLT with Turkey bacon
- If you do eat fast food breakfast bring an orange or banana to accompany the meal. Some fast food choices McDonald's yogurt fruit parfait, Egg sandwich with Canadian bacon, skip the cheese and for more of a calorie savor take off the top muffin, pancakes but skip the syrup and add yogurt or milk.

Care Here!



June Financial Wisdom

Be a ROLE MODEL

for the Graduates in Your Life



Lead by example and encourage young workers to start saving now. Even a small amount set aside now can grow and build, thanks to interest. You'll earn interest on the amount you originally saved, and then you'll earn interest on the interest! It's magic!

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Quinoa Pilaf

3-6 servings; 1/2 cup serving for a side dish, 1 cup serving for meal

Ingredients:

1 Tbl. Olive Oil

1/2 cup chopped sweet red pepper

1/4 cup diced red onion

1/2 cup chopped mushrooms

1-2 cloves of garlic, diced

1/4 cup frozen peas

1 cup of quinoa cooked according to package directions



Directions:

- Place olive oil in a deep sauce pan and heat on med to med-high heat for one minute. Add the red pepper, red onion, mushrooms and garlic and sauté until soft and fragrant (about 5 minutes).
- During the last minute, you will add the frozen peas just to thaw and flavor them with the oil/garlic.
- Remove these from pan and place in the bowl you plan to serve the final product in, set aside.
- Add the water and quinoa to the pan and cook according to the package directions. Once the quinoa is done, you will add the quinoa to the vegetable mixture and toss to mix.

Serve this as a side item at any meal.

To make it more like a meal, you can add 1 Tbl chopped walnuts or toasted pine nuts, and 1 oz. of feta cheese.

A serving size for a meal with these additions would be 1 cup. Serve it with a bowl of fresh fruit on the side to round out the meal!

Herbs of the Month:

Herbes de Provence

Herbes de Provence, is a traditional blend of aromatic herbs that flourish in hills of southern France during the hot summer months. Used by the handful when fresh, Herbes de Provence is also very good when used as dried herbs. Bay leaf, thyme, fennel, rosemary, chervil, oregano, summer savory, tarragon, mint, and marjoram are some of the herbs typically used.

Orange zest is sometimes included, as is lavender, though the lavender is less traditional and was added more for the benefit of tourists who saw lavender fields as almost emblematic of the Provence region. Traditional or not, the addition of lavender is a nice addition to the blend.

Herbes de Provence is a good addition to any dish from the Mediterranean region and is especially good mixed with olive oil to coat chicken, fish, tomatoes or chunks of potato for roasting, added to a pizza sauce or sprinkled over game or kabobs before roasting. It's also used for seasoning salads, sauces and cheeses, as well as soups and stews.



Just Grill It

Herb Chicken Marinade



- 1 tablespoon Dijon mustard
- 3 tablespoons sherry vinegar
- 1 tablespoon minced garlic
- 1½ teaspoons Kosher salt
- 2 teaspoons herbes de Provence
- 2 tablespoons extra-virgin olive oil

In a large bowl, whisk together the mustard, vinegar, garlic, salt and herbes de Provence.

Continue to whisk briskly while slowly adding the olive oil in a steady stream.

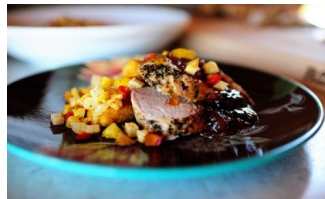
Taste and adjust seasoning.

Use as marinade immediately, or store refrigerated for up to one week.

To use: Marinate a minimum of 1 hour per inch of thickness, or a maximum of 24 hours.

Just Rub It

Herb Roasted Pork Tenderloin



- 2 whole pork tenderloins
- Salt and pepper, to taste
- 8 tablespoons Herbes De Provence, Or More If Needed
- 1 cup Preserves (Fig, Peach, Plum)
- 1 cup Water
- 1 Tablespoon Vinegar

Preheat oven to 425 degrees. Season pork tenderloins liberally with salt and pepper, then with Herbs de Provence, pressing to get the herbs to adhere to the pork.

Place the pork on a rack or in a large skillet and roast in the oven for 12 to 15 minutes (or until no longer pink). Remove from the oven and let it rest for 10 minutes.

While the pork is resting, combine preserves, water, and vinegar in a small pan and bring to a simmer.

Slice pork into thick pieces, then spoon the sauce/glaze over the slices.

Just Sprinkle It

Mustard-Crusted Salmon



- 1 1/3 pounds center-cut salmon fillet
- 1 1/2 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh dill or 1-1/2 tablespoons dried dill
- 1 1/2 tablespoons herbes de Provence
- 1/4 cup Dijon mustard

Preheat the oven to 375 degrees F. Rub the salmon with the olive oil. Place on a foil or parchment-lined baking sheet. Cover with the dill and herbes de Provence. Spread the mustard over the top, using a table knife or rubber spatula to cover completely.

Bake the salmon until no longer translucent, about 15 minutes.

Serve with wild rice.

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Bounce Back!

Sometimes the road of life can be bumpy. Health issues, work, or financial problems can significantly impact your life, and we all react to stress in different ways. The key to staying resilient? Spend less energy on the things you can't change and more energy on the things you can be proactive about.

Practice resiliency with these tips:

- **Recognize the emotions you are going through.** Share those feelings with other people who can support you. Developing key relationships can support your resilience.
- **Take care of yourself.** Pay attention to your needs. Plan simple activities that engage you, such as meditation, exercise, laughter with friends.
- **Make plans B and C.** In the face of hard times, thinking positively about the future, even if it's hour-by-hour or day-to-day, can help you maintain a positive outlook.

Strength. Determination. Perseverance.

HelpNet

CONNECT WITH A COACH TO LEARN MORE STRATEGIES. A LIVE WELL WELLNESS COACH CAN HELP YOU MAKE HEALTHY LIFESTYLE CHANGES. VISIT WWW.HELPNETEAP.COM OR CALL 1-888 975-9355 TO SPEAK WITH A CERTIFIED WELLNESS COACH TODAY.